

Green Beans with Pistachio Vinaigrette

Ingredients:

- 1/4 cup margarine, trans-fat free
- 1/2 cup pistachios, shelled and chopped
- 2 tablespoons red wine vinegar
- 1 tablespoon water
- 1/8 teaspoon salt
- 1 pound green beans, trimmed

Directions:

1. Bring a medium pot of water to a boil and blanch green beans for 2–3 minutes. Drain and rinse with cold water.
2. Melt margarine in pan over medium heat. Add pistachios and sauté for 2 minutes. Remove from heat.
3. Add the vinegar, water, and salt to pan. Stir to combine.
4. Toss beans with the vinaigrette and serve.

Nutrition Facts	
Serving Size 1/2 cup (123g)	
Servings Per Container 5	
Amount Per Serving	
Calories 140	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A 20%	Vitamin C 20%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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